

November
2016

Heritage Center



A recreation center funded and operated by Murray City dedicated to enhancing the quality of life for adults age 55+

Heritage Center
#10 East 6150 South
Murray, UT 84107
801-264-2635
heritage@murray.utah.gov
www.murray.utah.gov
Director: Tricia Cooke

Services Offered

Arts & Crafts
Cultural Programs
Education
Exercise
Health Services
Information & Referral
Lunch Program
Recreation
Socialization
Transportation
Travel
Volunteer Opportunities



Veterans Day
Friday, Nov 11

Thanksgiving
Thursday, Nov 24
Friday, Nov 25

Christmas
Friday, Dec 23 at Noon
Monday, Dec 26

New Year
Friday, Dec 30 at 2:30
Monday, Jan 2

Veterans Appreciation Brunch

The Veterans Appreciation Brunch is on **Monday, November 7** at **11:30-12:30**. Entertainment by Kevin Scott Christensen on the piano. Cost is **\$1** for Veterans or **\$6** for all others. *Tickets are on sale now.* Thank you to Serenity Funeral Home for donating part of the cost for the Veterans' meal.



Thanksgiving Celebration

Join us on **Wednesday, November 16** at **11:00** to give thanks for all the good things in life. Entertainment begins at 11:00 with *Mixed Nuts* — a five-piece combo specializing in Big Band era music. The meal of turkey with all the trimmings will follow at 12:00.

All this is available for **\$6**. This year you will be able to reserve your table (similar to Oktoberfest and Holiday Buffet). Up to 8 tickets (a table) may be purchased by an individual. You choose your table when you make the reservation. Registration begins *Wednesday, November 2.*



Holiday Boutique and Buffet



Please invite family and friends to visit and shop at our annual **Holiday Boutique** on **Friday, December 2** from **10:00-3:00**. This year we have thirteen artists selling handmade crafts in addition to the Heritage Center's craft table. Come purchase a unique holiday or birthday gift from one of our vendors. This boutique is only held once a year and is open to the public.

The **Holiday Buffet** is at **11:00-1:00** on **Friday, December 2**. The buffet is for individuals 55+. *Registration for this event begins on Wednesday, November 9.* The cost is **\$7** and includes lunch and entertainment by *The New Fiddlers*. Up to 8 tickets (a table) may be purchased by an individual.

Handmade items are currently being requested for the Heritage Center's boutique table (new items, please; donate anytime). All proceeds from this table will benefit the Heritage Center's fundraising efforts.



The Heritage Center Newsletters are saved for future reference at murray.utah.gov (department: Heritage)

Staff Information

Murray City Administration

Mayor: Ted Eyre

Public Services Director: Doug Hill
City Council:

Dave Nicponski, District #1

Blair Camp, District #2

Jim Brass, District #3

Diane Turner, District #4

Brett Hales, District #5

Heritage Center Staff

Director — Tricia Cooke

Program Coordinators — Maureen
Gallagher and Wayne Oberg

Secretary — April Callaway

Receptionist — Miranda Carter

Ceramics — Cindy Mangone

Meals Supervisor — Calli Johnson

Meals Assistant — Chris Miller and
Nathan Root

Custodian — Don Smith

Vehicle Driver — Robert Himes

Volunteers: Jerry Budd, Chuck Dillard
Building Attendant — Pete Wright

Heritage Center Advisory Board

Erich Mille (Chair), Judy Baxendale,
Brenda Clausen, Donna Gaydon, Ed
Houston, Jenny Martin, Pete Wright,
Rod Young

Online Registration

Did you know that you can register for some of the Heritage Center programs and activities online? It's an easy process that can be completed when you create an account at **mcreg.com** — all you need is an email address. Go to **mcreg.com** and select "**New Account.**" Once you have created your log-in and password you can choose your activities for registration and pay using a credit card. You will notice that some activities will say "register in person" — simply stop in or call the front desk to register.

Miscellaneous Information

This **newsletter** is produced monthly by the Heritage Center staff and is available to Center participants. It is emailed each month to those who have a current participant card and have provided an email address. It is also available for pick up at the Center, online at www.murray.utah.gov, or mailed to your home for a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Center and the suggested donation is \$1 per issue.

The Center accepts all major **credit cards** for activity payments. Credit cards may be used to make reservations for classes and activities over the phone or in person. All charges made will show from "Murray City Parks" on your credit card statement.

Inquire at the Front Desk about the following:

- **Advertising** in the monthly newsletter
- **Gift certificates** for programs

Inquire at the front desk if you need **special accommodations** to participate in activities at the Center. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the Newsletter as advertising or classified ads. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center.

Scholarship Program

In an effort to enable senior adults access to Center programs, activities, and meals at the Heritage Center, regardless of their ability to pay for services, a Heritage Center Scholarship program is available. The scholarship provides up to \$70 per month to an individual to help pay for Center activities. The program is made possible by participant donations. In order to be eligible you must prove a financial need and meet certain criteria. The current income cap is \$16,038/year for an individual. Applications are available at the front desk or see the Center Director.



Pick up your 20% senior discount punch card at the front desk for any Chuck-A-Rama restaurant. The cost is \$1 and Chuck-A-Rama gives the Center the proceeds from sale of the cards.



Every time you swipe your rewards card at Smith's, the Heritage Center will earn money through **Smith's Community Rewards Program**, but only **IF** you link your rewards card to us. To enroll, go to smithsfoodanddrug.com and register the Heritage Center as your favorite charity. You need a rewards card and email address to make this happen. Instruction sheets are available at the front desk.

Watercolor Class

John Fackrell will begin a new 6-week watercolor class from **9:00-12:00** on **Monday, November 7 through Monday, December 12**. Registration begins Tuesday, October 25 and the cost is **\$33**. Prior watercolor experience is necessary to participate. Bring your watercolor paper, brushes, paint, and creativity.

Dichroic Glass Jewelry Class

The Center is offering a Dichroic glass jewelry class on **Wednesday, November 9** from **1:00-3:00**. The cost of the class is **\$20** which includes all supplies. Space is limited to 8 participants. Dichroic glass is one of the most exciting materials being used today. Connie Wilcox will be teaching this class. Using pre-cut glass, you will make a layered glass pendant from start to finish. Connie will then take your art piece home and put it in her kiln to complete the process. She will return them to the Center within a week. These pendants make great gifts. Sign up now.

Ballroom Dance Lessons

Kyle and Jackie Kidd will be teaching dance lessons for five weeks here at the Center starting on **Monday, November 14** from **1:00-2:00**. Dates: November 14, 21, 28, December 12, and 19. No dance lessons on December 5.



The Kidds will start with Waltz lessons and the next four weeks will be dances selected by the class. In the past they have taught Cha-Cha, Rumba, and other popular dances. These instructors are excellent and you may learn some new dance steps. Dancing is a great exercise for your body and your brain. **This is a free class**. Register now.

Wednesday Painting

A new six-week painting class from **9:00-12:00** begins on **Wednesday, November 16** and runs through **December 21**. Registration begins Tuesday, November 8. The cost is **\$30** and payment is needed in advance. Teri Wood-Elegante is the instructor and she will help you in either oil or watercolor.

AARP Smart Driving Class

The AARP Smart Driving Class will be held **Tuesday, November 29** from **9:30-2:30**. Sign up now at the front desk. The cost is **\$15** for AARP members and **\$20** for everyone else. **The instructor will collect the fee at the start of the class**. Make checks out to AARP. They do not take credit cards. Bring your AARP membership card and valid driver's license. Check with your auto insurance about a possible insurance discount for attending this class.

A Word From Our Director ...

Well it has been three months since my first day here at the Heritage Center. I truly enjoy getting to know everyone here, although I am still trying to remember names. We have such a diverse group of participants at the Center. I have such a hard time calling you all *seniors* because you don't act like it.

I required naps after going home during my first two weeks, just so I could keep up with everyone the next day. I am truly blessed to be able to spend my days with such a great group of *middle-aged people*.

The Murray Heritage Center has the best staff in all of Murray City. I realize that I could not be the "director," or the chief bottle washer, without the staff we have. They have taken me under their wings and helped me along to be the best I can be. With the staff by my side, we can accomplish anything. We never know what is in store for all of us, so please don't let a day go by without letting them know how much you appreciate them.

If I have learned one thing in my career ... it is that I can't please everyone and mistakes will be made. However, as long as I can learn from them and correct them, things will be okay. Thanks for this great opportunity to hang out with such a wonderful group of staff and participants.

Love you all!
Tricia Cooke



Vital Aging

On **Tuesday, November 22** at **10:30**, we will present a new wellness class called **Coping with the Holidays**. The holiday season can be a challenging time of year as we are faced with the demands of shopping, parties, decorating, family reunions, or missing loved ones. Learn ways to manage and cope more effectively through planning for this joyous — yet often hectic — time of year. **This is a free class. Sign up now.**

Tifani from the Vital Aging Project will be available at 10:00 prior to the 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life.

Senior Learning Network

Through the wonders of video conferencing, the Center will continue to offer some special interactive presentations from around the country through the Senior Learning Network. These presentations are all free. Sign up now.

We apologize that due to technical difficulties we were unable to show the **Bison Banquet** last month. We are currently working on rescheduling the presentation and will notify those that were registered about the new date and time.

Please watch our December newsletter for future Senior Learning Network presentations. Thanks for your interest.

TASTY THURSDAYS

Eat Healthy - Feel Healthy - Be Healthy

The kitchen has decided to offer a specialty meal plan on the 1st and 3rd Thursday each month. The meals will focus on menus based on Vegetarian, Vegan, Gluten Free, Lactose Free, Low Fat, Low Sodium, Low Cholesterol, Low Calorie, or Low/No Sugar meal plans.

The menus will be set in advance and will be advertised in the newsletter. We hope that you will come and try our new menu and complete an evaluation form. The special menus for November will be **Low Fat** (November 3) and **Gluten Free** (November 17).

Gadget & Computer Help

The computer lab has six personal computers running Microsoft Windows 8 and 10. Computers are available any time a group class is not being held.

The Center also has an iPad available for use while at the Center if you would like to try out a tablet. There is no charge to use the computers, but users must sign in and list the computer they are using. Any printing costs 5¢ per page. Individual computer help is available with Calli on **Wednesday and Friday** or Bob on **Tuesday** for one hour appointments and the cost is **\$3**. Registration and payment is needed in advance. Cancellations or rescheduling must be made at least 24 hours in advance of your appointment.



Ceramics

The ceramics class is on **Tuesday and Thursday** from **8:30-12:00** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. Cindy Mangone, the instructor, provides help for students of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies.

Crafts

A small group of crafters meet on **Tuesday** from **12:45-4:00** to share their skills and knowledge and chat about things that are important in their lives. Newcomers are welcome. Bring your ideas and projects to share.

Wood Craft

Please join us on **Tuesday, November 8** at **2:00**, when we will paint a cute, wooden door hanger. See the sample in the lobby display case. The cost is **\$5** and all supplies are included. Register now for this class. You will be able to finish the project and take it home the day of the class. The wood craft class is the second Tuesday of each month.



Don't forget to **SCAN** your card or ask the front desk to check you in if you don't have a card when you arrive at the Center. This tells us how many people are coming to the Center each day, which helps the staff for planning purposes and to show how well we are doing. Thanks for scanning!

Haircuts



The Center offers haircuts for men and women on **Tuesday** from **9:00 to noon**. Haircuts cost **\$9**. Hair washing is an additional **\$4**. Please specify when registering if you would like a wash. The barber is Jocelyn Anderson.

Appointments are every 20 minutes, starting at 9:00 and payment is required at time of scheduling. Cancellations need to be made 24 hours in advance for a refund.

**Our haircuts will be moving
from Tuesdays to Wednesdays
beginning on November 23.**



Blood Pressure

Thank you to Rite Aid for providing blood pressure screenings on the **first Thursday** each month from **11:00 to 12:00**. Just walk in!

Attorney Consultation

An attorney is available for **free** 20-minute legal consultations the second Tuesday each month. He will be here on **Tuesday, November 8** from **1:30-3:30**. Advance appointments are required. Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources of help, but they will not attempt to solicit your business.

Medicare Help

Need help with Medicare or supplement issues? Sign up for individualized help on **Tuesday, November 15** at **12:00-2:00**. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you out. A volunteer from SHIP comes the third Tuesday each month. Advance appointments are required.

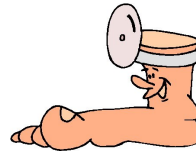
Transportation

Transportation to and from the Center is available for Murray residents on **Wednesdays**. The cost is **\$2** for a round trip ride. Pick up is between **10:00-10:45** and the return home ride is around 2:30 after bingo. If you need a ride, call at least one day in advance.

If you are interested in a future Grocery Transportation service, please let the Front Desk know.

Toenail Clipping

Dr. Scott Shelton, a local Podiatrist, will be at the Center on **Thursday, December 29** from **9:30-12:00** to provide toenail clippings and routine foot screenings. The cost is **\$10** and advance payment is required. *The doctor is unable to provide services for people who are diabetic or on anti-clotting agents such as Coumadin.* This service is offered every other month.



Massage

Sue Corder, a Nationally Certified and Utah State Licensed massage therapist, provides massage therapy on **Fridays** from **11:45-3:45**. Cost is **\$18** for a half hour or **\$36** for an hour. Payment is required at time of scheduling.

Blood Testing

Blood testing is scheduled for **Thursday, November 3** from **9:00-11:00**. The cost is **\$22** for a Lipid Profile and Hemoglobin A1C. Break-down: Lipid Profile **\$15**, Hemoglobin A1C **\$7**. Fasting is required for Lipid Profile. Appointments are needed and payment is made to IHC the day of the test. Results are mailed to your home in approximately 2 weeks. This service is sponsored by IHC Laboratories.

Skin Cancer Screenings

Dr. Horsley from IHC will be at the Center on **Thursday, November 17** from **9:30-11:30** for skin cancer screening. Appointments are needed. It is always a good idea to have your skin checked after summer. Most skin cancers are highly curable. Skin cancers are more common among women with light pigmented skin, a family history of melanoma, personal history, or diagnosis of non-melanoma skin cancer or pre-cancer. **This is a free service.** Register now.

Heritage Center

November

We are here to serve you

Monday — Friday
8:00am - 4:30pm

Thursday
8:00am - 10:00pm

Saturday/Sunday
Closed

#10 East 6150 South
(West of State Street)
801-264-2635
www.murray.utah.gov
heritage@murray.utah.gov

Newsletter Page 6 and 7

| Monday | | | Tuesday | | |
|--|----|--|---|----|--|
| | | | 8:30 Ceramics 9:00 Stretch 9:00 Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30 Lunch 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing | 1 | |
| 9:00 NIA 9:00 Watercolors 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 11:30 Veterans Appreciation Brunch 12:30 Exercise Help 1:00 Movie: Silverado 2:00 Strength Conditioning | 7 | | 8:30 Ceramics 9:00 Stretch 9:00 Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30 Lunch 12:45 Crafts 1:00 Computer Help 1:30 Attorney Consultation 2:00 Beginning Line Dancing 2:00 Wood Craft | 8 | |
| 9:00 NIA 9:00 Watercolors 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 12:30 Exercise Help 1:00 Movie: You've Got Mail 1:00 Ballroom Dance Lessons 2:00 Strength Conditioning | 14 | | 8:30 Ceramics 9:00 Stretch 9:00 Haircuts 9:30 Line Dancing 10:30 Tai Chi 11:00 Canasta 11:30 Lunch 12:00 Medicare Counseling 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing | 15 | |
| 9:00 NIA 9:00 Watercolors 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 12:30 Exercise Help 1:00 Movie: Julie & Julia 1:00 Ballroom Dance Lessons 2:00 Strength Conditioning | 21 | | 8:30 Ceramics 9:00 Stretch & Tone 9:30 Line Dancing 9:30 Masonic Temple 10:30 Tai Chi / Vital Aging 11:00 Canasta 11:30 Lunch 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing | 22 | |
| 9:00 NIA 9:00 Watercolors 10:15 Pickleball 10:30 Meditation 11:00 Bridge Lessons 12:30 Exercise Help 1:00 Movie: Cap'n America: Civil War 1:00 Ballroom Dance Lessons 2:00 Strength Conditioning | 28 | | 8:30 Ceramics 9:00 Stretch & Tone 9:30 Line Dancing 9:30 Driver Safety Class 10:30 Tai Chi 11:00 Canasta 11:30 Lunch 12:45 Crafts 1:00 Computer Help 2:00 Beginning Line Dancing | 29 | |

| Wednesday | | | Thursday | | | Friday | | | |
|-----------|---------------------------------|------|--|-------------------------------|---|--|----------------|----|----|
| 9:00 | Painting | 2 | 8:00 | Pickleball Instruction | 3 | 9:00 | Zumba | 4 | |
| 9:00 | Tooele Breakfast | | 8:30 | Ceramics | | 10:00 | Yoga | | |
| 9:15 | Pinochle | | 9:00 | Stretch / Pickleball | | 11:15 | Chair Aerobics | | |
| 10:00 | Yoga | | 9:00 | Blood Testing | | 11:30 | Lunch | | |
| 10:00 | NO Transportation | | 10:30 | Tai Chi | | 11:45 | Massage | | |
| 11:15 | Chair Aerobics | | 11:00 | Blood Pressure | | 12:30 | Exercise Help | | |
| 11:30 | Birthday Wednesday Lunch | | 11:30 | Lunch (<i>Low Fat</i>) | | 12:45 | Bingo | | |
| 12:45 | Bingo | | 12:45 | Happy Hatters | | 1:00 | Bridge | | |
| 1:00 | Bridge | | 2:00 | Strength Conditioning | | 2:30 | Computer Help | | |
| 2:30 | Computer Help | | 6:00 | Aging Mastery (Last Class) | 3:00 | Veterans' Stories | | | |
| | | | 7:00 | Dance | | | | | |
| 9:00 | Painting | 9 | 8:00 | Pickleball Instruction | 10 | <div></div> <p>Center is Closed</p> | | | 11 |
| 9:15 | Pinochle | | 8:30 | Ceramics | | | | | |
| 10:00 | Yoga | | 8:30 | Wendover | | | | | |
| 10:00 | Transportation | | 9:00 | Stretch & Tone | | | | | |
| 11:15 | Chair Aerobics | | 9:00 | Pickleball | | | | | |
| 11:30 | Lunch | | 10:30 | Tai Chi | | | | | |
| 12:45 | Special Veterans Bingo | | 11:30 | Lunch | | | | | |
| 1:00 | Bridge | | 2:00 | Strength Conditioning | | | | | |
| 1:00 | Dichroic Jewelry Class | | 7:00 | Dance | | | | | |
| 2:30 | Computer Help | | | | | | | | |
| 9:00 | Painting | 16 | 8:00 | Pickleball Instruction | 17 | 9:00 | Zumba | 18 | |
| 9:15 | Pinochle | | 8:30 | Ceramics | | 10:00 | Yoga | | |
| 10:00 | Yoga | | 9:00 | Stretch & Tone | | 11:15 | Chair Aerobics | | |
| 10:00 | Transportation | | 9:00 | Pickleball | | 11:30 | Lunch | | |
| 11:00 | Thanksgiving Celebration | | 9:30 | Skin Cancer Screenings | | 11:45 | Massage | | |
| | | | 10:30 | Tai Chi | | 12:30 | Exercise Help | | |
| 11:15 | NO Chair Aerobics | | 11:30 | Lunch (<i>Gluten Free</i>) | | 12:45 | Bingo | | |
| 1:00 | Bingo | | 12:45 | Happy Hatters | | 1:00 | Bridge | | |
| 1:00 | Bridge | | 1:00 | Clark Planetarium | | 2:30 | Computer Help | | |
| | | 2:00 | Strength Conditioning | | | | | | |
| | | 7:00 | Dance | | <div></div> <p>Pick up your Gingerbread House Kit (must register in advance)</p> | | | | |
| 9:00 | Painting | 23 | <div></div> <p>Center is Closed</p> | | | <div></div> <p>Center is Closed</p> | | | 25 |
| 9:00 | Haircuts | | | | | | | | |
| 9:15 | Pinochle | | | | | | | | |
| 10:00 | Yoga | | | | | | | | |
| 10:00 | Transportation | | | | | | | | |
| 11:15 | Chair Aerobics | | | | | | | | |
| 11:30 | Lunch | | | | | | | | |
| 12:45 | Bingo | | | | | | | | |
| 1:00 | Bridge | | | | | | | | |
| 2:30 | Computer Help | | | | | | | | |
| 9:00 | Painting | 30 | | | | | | | |
| 9:00 | Haircuts | | | | | | | | |
| 9:15 | Pinochle | | | | | | | | |
| 10:00 | Yoga | | | | | | | | |
| 10:00 | Transportation | | | | | | | | |
| 11:15 | Chair Aerobics | | | | | | | | |
| 11:30 | Lunch | | | | | | | | |
| 12:45 | Bingo | | | | | | | | |
| 1:00 | Bridge | | | | | | | | |
| 2:30 | Computer Help | | | | | | | | |

Billiards Room

Pool tables, indoor shuffleboard, and table tennis are available for your recreational enjoyment during the Center's hours of operation. This equipment is located in the billiards room at the east end of the building.

Bingo

Bingo is played every **Wednesday and Friday at 12:45**. Bingo is free, although donations are appreciated. Winners receive a \$5 gift certificate to Fresh Market or Village Inn Restaurant. A special *Thank You* to Village Inn for donating a pie each week for the elimination game and Jenkins-Soffe for sponsoring Bingo on the first Friday of each month. In order to offer the same quality prizes and games of Bingo, we are suggesting the following donation amounts: **\$1** for 1-3 cards played, **\$2** for 4-6 cards played.

Special Veterans Bingo



In honor of our Veterans, we will have a special Bingo on **Wednesday, November 9**. There will be special prizes with our Veterans in mind.

Cards

Bridge—Monday at 11:00, Wednesday and Friday at 1:00

Informal Bridge lessons (Chicago/Party) are held on Monday at 11:00 and bridge play on Wednesday and Friday afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played, if needed. Copies of the bridge play guidelines are posted on the bulletin board in the card room.



Canasta—Tuesday at 11:00

Canasta is played on Tuesday from 11:00 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free and anyone can join in on the fun.

Pinochle—Wednesday at 9:15

Pinochle tournaments are held on Wednesday mornings at 9:15. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid tournament day. Copies of tournament rules are posted on the bulletin board.

Gingerbread House Contest



The 2nd Annual Murray Memorial Mortuary Gingerbread House contest is themed "12 Days of Christmas." Register now at the front desk if you would like to receive a gingerbread house kit. Kits will be available **Friday, November 18** at the Front Desk. The decorated gingerbread house needs to be returned to the Center by **Monday, December 5**. Gingerbread houses will be judged by popular vote at Murray Memorial Mortuary's Annual Remembrance Event on Monday, December 12. The awards and Gingerbread houses will be returned to the Center on Wednesday, December 14.

Monday Movie



Join us on **Monday at 1:00** for a **free** movie and popcorn!

- 7– Silverado (133 min/*Western*)
- 14 – You've Got Mail (119 min/*Romance*)
- 21– Julie & Julia (123 min/*Drama*)
- 28 – Captain America: Civil War (147 min/*Action*)

Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. Line dancing is held on **Tuesday at 9:30** for all dancers and **Tuesday at 2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog.

Birthday Wednesday

Celebrate your birthday on the **first Wednesday** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, or 100 this month — just tell the lunch cashier you've hit a decade!



Happy Hatters

Red Hat Society chapter meetings are held on the **first Thursday** of each month at **12:45** to play BUNCO and on the **3rd Thursday at 12:45** to play Hand and Foot. Annual membership fee of \$5.



Exercise Classes

NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

Strength Conditioning

Monday & Thursday 2:00-3:00

Builds muscular strength, muscular endurance, increase your balance, and improve flexibility.

Stretch & Tone

Tuesday & Thursday 9:00-10:00

Stretching increases flexibility, improves balance, and helps with range of motion.

Tai Chi

Tuesday & Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

Yoga

Wednesday & Friday 10:00-11:00

Yoga is an ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

Zumba

Friday 9:00-10:00

Zumba involves dance and aerobic movements performed to energetic music.

Chair Aerobics (25¢)

Wednesday & Friday
11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.



Exercise Room

The exercise room is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is \$1 per day, \$5 for the month, or Free if you have Silver Sneakers, Silver & Fit, or Total Fitness Pass. Ask at the Front Desk for details.



Exercise Help

A group of U of U Exercise and Sports Students will be at the Center every **Monday and Friday** at **12:30-2:00**. *This class is included with the Exercise Room Fee.*

The students teach a balance class that can help you improve your fitness levels, increase your endurance, balance, and stretching abilities.

The students also offer one-on-one-help. Sign up for this service in the exercise room.

The students' last day at the Center will be Monday, November 28. The new students will begin in the middle of January. The date/time will be determined then.

Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$15 Monthly Fee
- \$30 Total Fitness Pass (includes all exercise classes and the exercise room)

Chakra Meditation

Chakra Meditation with Barbara Battison, Massage Therapist, Energy Body Worker, and Reiki Master, starts on



Monday, November 7 and runs through Monday, December 12 from 10:30-12:00. The cost for this 6-week course is **\$15 or \$3 per class**. Barbara will present in-depth information about how Chakras and Meditation work. You will learn different ways to take responsibility for your own health. A portion of this class will be spent on Meditation and how to activate and keep your Chakras balanced.

Pickleball



Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20'x40' court that limits the amount of mobility required to play the game. Play Pickleball at the Center every **Monday from 10:15-12:00** or **Thursday from 9:00-11:00** in the dining room or on the outdoor courts if weather permits. If you are new to the sport, **instructional play** will take place every **Thursday from 8:00 to 9:00**. Open play on the outdoor courts is at **8:00** on **Monday, Thursday, and Friday** (weather permitting). Play at the Murray Park Center every Tuesday and Thursday from 8:00 to 12:00.

Center Trips



...Travel with friends

Wendover

Travel to Wendover on **Thursday, November 10** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$17** per person and includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. Depart the Center at **8:30 am** and return at approximately **7:00 pm**. The next Wendover trip is scheduled for **Thursday, January 12**.

Tooele and Grantsville Breakfast

Once again our Center bus will be headed to the Tooele Senior Center for the "Second Best Breakfast in Utah." The bus will depart the Center at **9:00** on **Wednesday, November 2** and return about noon.



On **Wednesday, December 7** at **9:00** we will travel to the Grantsville Senior Center for breakfast.

Cost is **\$6** for transportation and the breakfast. [Register now](#).

Bus Trip Reminders



If you are traveling on any of our trips, please park your car north of the light pole in our parking lot to free up spaces for the daily patrons of the Center.



Please remember to bring your own water to enjoy on the trip.

Clark Planetarium

The Clark Planetarium is presenting **A Beautiful Planet 3D** on their IMAX screen. This 3D film is a breathtaking portrait of Earth from space. Utilizing special new digital cameras, *A Beautiful Planet* presents moments previously impossible to capture on film from space: lightning, storms, coral reefs by moonlight, aurora borealis and the blazing lights of ever-growing cities filling up the continents. Filmed aboard the International Space Station, the film explores mankind's future on—and off—the planet.



We will travel to the Clark Planetarium on **Thursday, November 17** at **1:00**. Cost is **\$10**. [Registration begins Wednesday, October 26](#).

Shriners Hospital and Masonic Temple

The bus will leave **Tuesday, November 22** at **9:30** and travel to Shriners Hospital and the Masonic Temple. Return time is approximately 3:30. Cost for this trip is **\$5**. Lunch will be on your own at the Shriners Hospital cafeteria. [Registration begins November 1](#).

We will travel to the Shriners Hospital for a tour and lunch. The first Shriners Hospital was opened in 1925. In 1952 a new hospital was built with a 42-bed capacity. By 1990, this hospital had become outdated and the new hospital, which you will tour, was completed in 1995. There is no charge for children receiving treatment at any of the Shriners Hospitals in North America.

After our tour of Shriners Hospital, we will travel to the Masonic Temple. The construction of the Masonic Temple commenced on July 29, 1926 at a cost of \$750,000. The exterior design is ancient Egyptian with the interior rooms including Eastern European and early American motifs. Our tour will be conducted by Aaron Saathoff, a long time Mason.

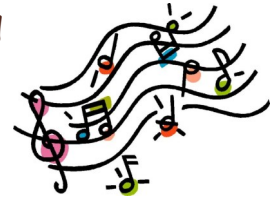


Festival of Lights

It is time to start marking your calendar for the Center's Christmas Season by visiting Spanish Fork's Festival of Lights. Because this is such a popular trip, two trips have been planned. One on **Tuesday, December 6** and the other on **Thursday, December 15**. Pick the date that is best for you and [sign up beginning Tuesday, November 15](#). The bus will depart the Center at 4:00 pm and travel to Provo for dinner at the Chuck-A-Rama. After dinner, you will be treated to a drive through beautiful Canyon View Park at the mouth of Spanish Fork Canyon where we will view thousands of colored lights and dozens of illuminated structures—several of which are animated. Return to the Center about 8:00 pm. Cost for this trip is **\$16** which includes dinner.

Thursday Evenings: Heritage Center is Open Until 10:00 PM

The Heritage Center is open until **10:00 pm** on **Thursday evenings**. Enjoy the computer lab, billiards room, exercise room, or dance to the music of Tony Summerhays.



Evening Social Dance



Dance to the musical genius of Tony Summerhays each **Thursday night from 7:00-9:30 pm**. Cost of this activity is **\$5** per person. Light refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency which provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray, Village Inn West Jordan, Chuck-A-Rama, Tony Summerhays, Cindy Jones, and Noreen Hansen.

Congratulations to Maureen ... Programs of Excellence Award



The National Institute of Senior Centers (NISC) Programs of Excellence Award is designed to honor and promote outstanding efforts made by senior centers throughout the nation to offer innovative, creative, and replicable programs for older adults.

The Heritage Center was recognized last month at NISC's annual conference in Philadelphia for having the best Educational Program of 2015. The program is "Telling Their Stories: Teens Interviewing Veterans." This program provided an opportunity for students to interact and learn from Veterans. Maureen created this program two years ago and has been coordinating with local high schools through partnering with History teachers and pairing students with Veterans.

After students were paired with Veterans, the students were assigned the task of interviewing and writing up their stories. During the interview, students came prepared with questions and a recorder to make sure that nothing was missed.

After the interviews, students wrote their Veteran's stories and presented them at a special community event here at the Center. The Veterans joined the students on the stage while the students read aloud the Veterans' stories to friends, family, and other guests.

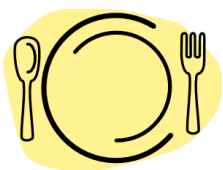
Many of the Veterans displayed their uniforms and pictures from their service during the event and refreshments were served after all the stories were told. There was no time limit or page limit to the stories. Students learned firsthand about boot camp, K Rations, tsunamis in Alaska, and the crazy pranks only men serving together 24 hours a day pull. But more importantly, the high school students learned what it meant to these men to serve and the stories they will never read about in a history book: stories of bravery, heroism, and true grit, told from the men who lived them. The Veterans told of experiences many had never recounted before, bringing up emotions long buried.

A very special thank you to Maureen Gallagher (our program coordinator for this event), Veterans, students, teachers, and volunteers.

Veterans' Stories

The Center is excited to present the third annual Veterans Presentation on **Friday, November 4 at 3:00**. Eight high school students from West Jordan High School will be presenting eight Veterans' stories. The students have been working with our Veterans and will tell their stories. Everyone is invited to sit in on this presentation. We will highlight Veterans from World War II, Korea, and Vietnam. This is a great opportunity for our local high school students to learn firsthand about the life of our Veterans who helped to protect our country. The presentations will certainly inspire all that attend. Light refreshments will be served after the presentation.

November 2016 Lunch Menu



NO RESERVATIONS NEEDED unless it is a *special event*
 Lunch is served anytime between 11:30 – 12:30
 Make your selection and pay when you are ready to eat
 Sandwiches or Salads are available as alternatives
 Prices range from \$2 - \$4



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| | 1 CHICKEN ENCHILADA CASSEROLE Cilantro Salad Sugar Cookie | 2 CHICKEN FRIED STEAK Mashed Potatoes Gravy Green Beans Birthday Cake and Ice Cream | 3 CABBAGE TORTILLA SOUP Green Salad Pineapple Angel Food Cake <i>Tasty Thursday: Low Fat Menu</i> | 4 LEMON DILL SALMON Baked Potato Lima Beans Apple Cobbler |
| 7 * VETERANS APPRECIATION BRUNCH Cost is \$1 / \$6  | 8 PORK MILENESE Roasted Potatoes Zucchini Flan | 9 GREEK LEMON CHICKEN SOUP ½ Sandwich Toffee Chocolate Chip Cookie | 10 CHICKEN PARMESAN Pasta Caesar Salad Apple Spice Cake | 11  |
| 14 NO LUNCH | 15 TUSCAN SOUP Green Salad Breadstick Citrus Cranberry Cake | 16 * THANKSGIVING CELEBRATION Cost is \$7 Sign up 11/2  | 17 STUFFED PEPPERS Spinach Salad Pumpkin Cookie <i>Tasty Thursday: Gluten Free Menu</i> | 18 HONEY SOY BAKED CHICKEN Rice Veggies Fudge Cookie |
| 21 NO LUNCH | 22 GARLIC AND ROSEMARY PORK TENDERLOIN Corn Hash Oatmeal Raisin Cookie | 23 STUFFED FLANK STEAK Three Cheese Rice Broccoli Brownie | 24 25  <i>Happy Thanksgiving</i> | |
| 28 NO LUNCH | 29 FISH TACOS Rice and Beans Tres Leches Cake | 30 LASAGNA SOUP Green Salad Breadstick Praline Pecan Cookie | | |